

**Southwest Region
CHNS/CHPS Report
March 2016**

Cheryl Byrd, CHNS

- Partnering with SWR CHNS/CHPS to organize summer workshops for SNs, health teachers, food service professionals, etc. DMEC presenters include Paula Smith(ADE), Debbie Jones(ASBN), Sheree McKinnon(CDNS), SWAR Domestic Violence; Vivian Nicholson(Breakfast Program), Stephanie Alsbrook(Smart Snacks), Linda Goodner(AGFC), Jerri Clark(Indistar)and GoNoodle.
- Attended Annual Cancer Summit in Little Rock-participated in Lung Cancer break out session to discuss need for CHNS/CHPS to have tobacco presentation toolkits age appropriate for students.
- Attended Emergency Epinephrine Train the Trainer training during CHNS meeting in Little Rock. Also attended the Suicide Awareness "Cracked, Not Broken" Conference at National Park College.
- Provided technical assistance and education to Nashville Schools re: Suicide Education using ASIST, More Than Sad, Making Educators Partners, Gatekeepers, and SAMHSA toolkits.
- Provided technical assistance and education to schools re: Communicable Disease Prevention, School Exposure Plans, HIPAA, and Confidentiality, release of medical information, ADH resources and professional development for school staff.
- Attended 1305 and CSH Coordinators Meeting in Little Rock- Information to be shared at School Wellness Workshop at DMEC.
- Collaborated with Little River Coalition members hosting Traumatic Brain Injury Presentation presented by Aleecia Starkey in Ashdown March 28, 2016, open to all school and community members.

Edie Greenwood, CHNS

- Staffed an information booth at Nevada County Public School during parent/teacher conference; provided information on WIC, Family Planning, TPCP, and immunization services. Interacted with 55 students and their parents using a nutrition matching game where they matched how much sugar was in certain candies and soft drinks. Also, had pig lungs display set up and explained about smoking and how it affects the body, especially the lungs and provided the students the opportunity to explain why one lung was black and one was pink.
- Collaborated with local Registered Dietician and the Pregnancy Resource Center in Hope to provide infant safety to six expectant parents and seven others. Discussion included Safe Sleep, WIC Breastfeeding, tobacco/nicotine harms and dangers, secondhand smoke dangers including Act 811. Home safety to prevent falls, drowning, accidental poisoning, and car seat safety were also addressed. Presented the Period of Purple Crying video and discussed shaken baby. Each expectant mother was given a copy of the DVD. Car Seat training and follow-up education was scheduled with each participant.
- Presented to eight students at Juvenile Youth Services in Hope on the subject of nicotine, alcohol, and drug use and the effects of such use on their life, both short-term and long-term. All of these students had to attend this class as part of their probation for drug use.

- Attended and provided technical assistance for the Prescott School District Wellness Committee. Provided the Chairperson with resources, such as the toolkit, School Health Index, and information about Act 1220 (seven staff members and five community members present). Followed up with Chairperson after the meeting to provide additional information.
- Attended Prescott/Nevada County Health Association meeting in Prescott.
- Attended the Miller/Bowie Health Coalition meeting in Texarkana to finish planning for the Community Health Day held on March 19th. Worked with others to lay out the course for the 5K run at the local park where the event was held. Staffed a booth at the Community Health Day and assisted with the 5K run/walk.
- Viewed UAMS “Pharmacology of Smoking Cessation.” This one hour webinar gave an overview of health benefits of smoking cessation, the seven approved pharmacotherapy treatment for nicotine dependence, and some of the issues and concerns associated with the pharmacotherapy.

Rhonda McDonald, CHNS

- Presented to three health class (9th-12th graders) on CPR, choking, and cardiovascular disease. (50 students attended). Effects of tobacco also discussed during the presentation.
- Collaborated with Melissa Kuhn, CHPS to present to the 6th-8th graders in health class (and their teachers) on Sexual Health and Teen Pregnancy. The boys and girls were divided up in separate classes and permission slips were provided to the parents through the school (approx. 80 students impacted).
- Attended and facilitated the DASH Coalition Dallas County meeting. Guest speaker presented information on MOLD.
- Attended the AHOC coalition; provided an update on the HOPE Commission.
- Attended the TOUCH executive meeting as co-chair of the healthy behaviors committee. The coalition is participating in the Blue and You Fitness Challenge.
- Certified a nurse from Smackover School District in BLS- Healthcare Provider. Discussed all CPR required forms for a CPR instructor. Also discussed the upcoming training on the 12th of April when she will present on SBHC for RN supervisors.
- Collaborating with local community members to attend the ArCop conference in April.

Tommie Rogers, CHNS

- Presented to 3-4 year olds at Second Baptist Preschool in Arkadelphia. Talked about Oral Health including proper Toothbrushing techniques, Flossing, and Nutrition (Tooth Friendly Snacks) utilizing the America’s ToothFairy Snack Magnets and magnetic tooth board. Also discussed never smoking or chewing tobacco and the harmful effects of tobacco on oral health. Mr. Dino was used to demonstrate proper brushing techniques and Mr. Gross Mouth was used as a visual for tobacco prevention (15 children impacted).
- Collaborated with Anna Haver, CHPS to participate in the Benton Middle School Health Fair. Provided an interactive Nutrition/Physical Activity Booth.
- Participated in the Arkadelphia School District Wellness Committee Meeting. The committee discussed the purpose of the Wellness Committee, Arkansas Prevention Needs Assessment

(APNA) Results, School Health Index (SHI), Youth Risk Behavior Surveillance System and school menu (approximately 19 present).

- Participated in the Malvern School District Wellness Meeting. Provided an update on upcoming workshops to be held at Dawson Co-op: June 7th Health Teacher and June 9th Wellness Workshop. Provided a brochure about the June 9th workshop to share with anyone that might be interested in attending (10 people present)
- Participated in the following HHI coalition meetings: Pike County, Hot Springs County, Garland County and Clark County.
- Provided technical assistance to school nurses as needed through e-mail and phone on a daily basis. E-mailed information related to upcoming Suicide Prevention Conference, Worksite Wellness Summit, Suicide Policy for Schools, Commissioner's Memo, and Summer Wellness Workshop.
- Conducted School Nurse visit; discussed upcoming summer workshops, trainings on Epinephrine and ACHI BMI data entry site.

Melissa Kuhn Shatley, CHPS

- Attended the El Dorado School District Wellness Committee Meeting in Union County. Shared Wellness Updates and workshops that will be offered at the South Central Services Cooperative in the summer.
- Attended the Harmony Grove School District Wellness Committee Meeting in Ouachita County. Shared Wellness Updates and workshops that will be offered at the South Central Services Cooperative in the summer. Met face to face with the Superintendent and thanked him for his support both of the Wellness Committee and of the ADH.
- Presented Sexual Health to 6th, 7th, & 8th graders at a local Middle School in Ouachita County. Information shared fits directly into the framework of the Health Classes and was held during regular class times. Presented to five classes with approximately 50 students total.
- Presented at the monthly AHOC (A Healthy Ouachita County) Coalition. March is Sleep Awareness Month. Shared that sleep, along with food, water, and oxygen is all needed for us to survive. Sleep is a vital indicator of our overall health and well-being and we spend approximately 1/3 of our lives asleep. In addition, shared steps to improve sleep and to make sleep a priority.
- Facilitated the monthly meeting of the HOPE Health Commission of Ouachita County. The target of the commission for this month was Teen Pregnancy. The HOPE Health Commission has partnered with the ADH through encouraging the area superintendents to welcome the CHNS & CHPS into their schools to present on Pregnancy Prevention.
- Met with School Nurse/Wellness Chair at Harmony Grove School in Ouachita County to assist in revising their District Wellness Policy. Also met with the School Nurse/Wellness Chair from Camden Fairview School District in Ouachita County preparing information for the agenda at their upcoming Wellness Meeting and met with the new Wellness Chair for the Eldorado School District in Union County in preparation for her upcoming Wellness Meeting.

Emailed to Andi, Sherry, Joni and Julie 04/06/16